Web site: www.linedancermagazine.com
E-mail: admin@linedancermagazine.com

## Upside Down

32 Count, 4 Wall, Int/Adv
Choreographer: Sho Botham (UK) Nov 2009
Choreographed to: Upside Down by Paloma Faith,
CD: Do You Want The Truth Or Something Beautiful?

|  | Step $R$ to $R$, rock replace step forward $1 / 4$ turn $L$, step forward $R$, pivot half turn $L$ And syncopated jazz box |
| :---: | :---: |
| 1 | Long step R to R, drawing L towards R |
| 2\& | Rock $L$ behind $R$, replace $R$ in place |
| 3 | Step forward L turning $1 / 4$ turn to $L$ |
| 4\& | Step forward R, pivot half turn L |
| 5 | Step forward R |
| 6 | Step L across front of R |
| 7\&8 | Step back R turning 1/4 L, step $L$ to $L$, step R across front of $L$ |
|  | Charleston kicks and exaggerated paddle turn to L (1 full turn) |
| 1,2 | Step forward L facing diagonal L, kick R leg forward |
| 3 | Step back R |
| 4\& | Rock back L, replace R |
| 5\&6\&7\&8\& | Step L to start turn to L, Lift R foot towards L knee then 3 exaggerated paddle actions turning $L$ (lifting $R$ foot towards $L$ knee on each \& count). <br> You can use shoulder and hand actions to accent footwork. |
|  | Hip bumps with twisting action $\mathrm{x4}$, prissy walks forward x 4 |
| 1\&2\&3\&4\& | Step onto $R$ with twisting hip bump ( L foot placed on ball of foot a comfortable distance apart towards L). Twisting hip bump action L ( $L$ foot stays on ball and swivels with hip bumps - heel towards same side as hip bump <br> Arms - Use arms/hands to accent hip actions |
| 5-8 | 4 prissy walks forward LRLR with arms high and optional finger clicks or wrist shakes |
|  | Locking steps travelling back (locking front) X 2, coaster step L, walks RL to turn 1/4 L |
| 1\&2 | Step $L$ diagonally back $L$ to $L$, lock $R$ in front of $L$, step diagonally back $L$ to $L$ |
| 3\&4 | Step $L$ diagonally back $L$ to $L$, lock $R$ in front of $L$, step diagonally back $L$ to $L$ |
| 5\&6 | Coaster step LRL |
| 7,8 | Walk forward RL turning $1 / 4$ to L |
| Option - | On 3rd wall you have the option in Section 3 of dancing the prissy walks as 2 slow and 4 quick instead of the usual 4 slow and in Section 4 you can dance 4 quick walks instead |
|  | of the 2 slow to reflect the music at these points. |
|  | Dancing these changes does not alter the total number of counts in these sections. |

Arms \& style: plenty of arm and hand action in this dance will add to the fun, look and challenge

